



Healthy Ginger Nut Biscuits (great for morning sickness!)

SERVINGS: 8

PREPPING TIME: 5MIN

COOKING TIME: 20 MIN

Ingredients

- 70 g (0.5 cups) Cashews
- 70 g (0.5 cups) Almonds
- 20 g (0.25 cups) Desiccated coconut
- 1 pinch Sea salt
- 0.5 teaspoon Baking powder
- 1.5 tablespoon Ground ginger
- 1 teaspoon Lemon juice
- 3 tablespoon Maple syrup or honey if your not vegan

Directions

- Preheat the oven to 180C/350F/Gas 4. Line a large, flat baking sheet with baking parchment.
- Place 70 g Cashews, 70 g Almonds and 20 g Desiccated coconut into a food processor and process to a fine, floury consistency. Transfer the mixture to a large mixing bowl.
- Add 1 pinch Sea salt, 0.5 teaspoon Baking powder, 1.5 tablespoon Ground ginger, 1 teaspoon Lemon juice and 3 tablespoon Maple syrup to a bowl and mix well to form a dough.
- Using your hands, roll the mixture into 8 equal-sized balls and place, evenly spaced, on the baking sheet.
- Using the palm of your hand, flatten each ball to a diameter of 7.5cm/3 inches; this will ensure that your biscuits crisp up nicely.
- Transfer the biscuits to the oven and bake for 20 minutes until golden. Leave to cool on the baking sheet for 5 minutes, then transfer to a cooling rack and allow to cool completely before eating.



Kathryn swears by these healthy ginger nuts for getting rid of morning sickness and postpartum a great protein and sugar boost to get you through the day.